

## SUPER LEAN MEAL PLAN

Follow this meal plan for 4 weeks to drop bodyfat fast.

Include 1 Free Meal each week.

**MEAL 1:** ½ cup uncooked oats made with skim milk / 4 egg whites

**MEAL 2:** 1 slice wholegrain bread with 1 tbsp peanut butter & 1 small banana

**MEAL 3:** 120g Chicken, ½ cup cooked brown rice, 1 cup broccoli & 1tsp olive oil.

**MEAL 4:** 120g salmon, 1 cup cooked sweet potato, 1 cup steamed bok choy

**PRE-WORKOUT MEAL:** ½ cup cottage cheese mixed with ½ cup berries

**POST WORKOUT MEAL:** Protein shake with water & 1 apple

### SUBSTITUTES:

Use the substitutes below to mix things up a bit.

**Chicken & Salmon can be replaced with 120g of any other form of lean protein ie: turkey, white fish, tofu, egg whites, legumes.**

**Veggies can be replaced with squash, beans, spinach, pumpkin, capsicum, mushrooms or cauliflower.**

**Cottage cheese can be replaced with Greek yoghurt.**